



*Presents for your consideration:*

# Bio-Inflammatory *Plus*

## Functional Food Comprehensive Support for Inflammatory Conditions

- ◆ **Select blend of herbs, and other nutritional factors that help support the body in the reduction of pain and inflammation of healthy joints and connective tissues**
- ◆ **Supports healthy response to injury and inflammation**

When your patient can benefit from a comprehensive, science based, inflammation reduction program, try BioInflammatory Plus for positive results. BioInflammatory Plus is packed full of nutrients and is provided in a powder form for ease of digestion and assimilation. BioInflammatory Plus is a “no window dressing” formula. By that, we mean, all nutrients are provided in therapeutic, not placebo amounts. Biologically active forms of the B vitamins are used and all minerals are bonded to highly absorbable carriers. Consider it a functional food. It is designed to quench inflammation naturally and safely. Inflammatory compounds can be part of the body’s own metabolic waste products or they may be environmental toxins, such as heavy metals, pesticides, herbicides, solvents, etc. These compounds can act as free radicals, which damage the tissues and liberate inflammatory cytokines and prostaglandins in the process. BioInflammatory Plus is a state of the art system designed to reduce inflammatory compounds with specialty nutrients and antioxidants (free radical quenchers). After neutralizing these inflammatory compounds, BioInflammatory Plus assists the liver in

<b>Bio-Inflammatory <i>Plus</i> Functional Food</b>	<b>Amounts per serving</b>
Serving size	55.3 grams (2 scoops)
Number of servings per container	14
Calories	180
Total Carbohydrates	21 g.
Simple	6 g.
Dietary Fiber	6 g.
Protein	15 g.
Total Fat	5.0 g.
Cholesterol	0 mg
Sodium	125 mg.
<b>Vitamins</b>	
Vitamin A (as Betatene mixed carotenoids and Palmitate)	5000 IU
Vitamin C (Sodium Ascorbate)	180 mg.
Vitamin D3 (cholecalciferol)	100 IU
Vitamin E (d-alpha tocopherol)	100 IU
Vitamin B1 (thiamin hydrochloride)	2 mg.
Vitamin B2 (riboflavin 5'phosphate)	2 mg
Vitamin B3a (niacinamide)	250 mg.
Vitamin B6 (pyridoxal 5'phosphate)	5 mg.
Folate (Folic Acid)	80 mcg.
Vitamin B12 (cyanocobalamin)	3 mcg.
Biotin	150 mcg.
Pantothenic Acid (Calcium pantothenate)	5 mg.
<b>Minerals</b>	
Calcium (glycinate and rice protein)	300 mg.
Iron (rice protein)	1.1 mg.
Phosphorus (rice protein and dipotassium phosphate)	290 mg.
Magnesium (citrate)	280 mg.
Zinc (citrate)	10 mg.
Selenium (selenomethionine)	75 mcg.
Copper (citrate)	1 mg.
Manganese (citrate)	2 mg.
Chromium (nicotinate)	60 mcg.
Molybdenum (AA chelate)	38 mcg.
Potassium (Dipotassium phosphate and rice protein)	470 mg.
<b>Specialty Nutrients</b>	
L-Glutamine	1500 mg.
L-Lysine (rice protein and L-Lysine HCl)	1100 mg.
Glucosamine Sulfate 2KCl	1500 mg
White Willow bark powder	500 mg
Methyl Sulfonyl Methane (MSM)	250 mg.
Quercetin	200 mg.
Bromelain (2400 GDU/gram)	200 mg.
Lemon Bioflavonoids (50% active)	200 mg
Papain (225 MCU/gram)	100 mg
N-acetyl cysteine (NAC)	100 mg.
Trypsin 1:75	100 mg
Chymotrypsin 1:25	3 mg
Serrapeptase (Peptizyme SP)	50 mg
L-Threonine	50 mg
<b>Caloric Distribution:</b>	
Carbohydrate	40% of calories
Protein	35% of calories
Fat	25% of calories

removing them from the body. It does this by assisting the liver's Phase 1 and Phase 2 detoxification pathways. BioInflammatory Plus helps the liver convert insoluble inflammatory toxins, which are difficult to remove from the body, to soluble toxins, which are more easily removed. Use of BioInflammatory Plus is smooth and easy to incorporate into a daily routine. In addition, the balanced proportions of protein, carbohydrate and fats help to keep blood sugar level and your patient's energy up.

**To get the most out of the BioInflammatory Plus treatment, it is recommended that your patient follow the "BioInflammatory Plus Diet".** It is an Elimination-Challenge diet made up of easily digestible foods, which rarely cause allergic/inflammatory reactions. Typical allergy foods (gluten containing grains-wheat, rye, oats, barley, milk and dairy products, egg products, citrus fruits, peanuts, etc.) are avoided initially. After an initial treatment period (duration depending on response and your recommendations as a health care practitioner), suspect allergic foods can be reintroduced slowly (per your directions as a health care practitioner) to determine whether they can be safely incorporated into your patient's long-range diet plan. Optionally, allergy testing can be administered for those who do not wish to follow an Elimination-Challenge approach.

**Biologically active B Vitamins** are taken up and used "as is" by the cells of the body. They place no burden on the liver to phosphorylate them or on the kidneys to eliminate them. In contrast, biologically inactive B vitamins must go through an activation process, which takes place in the liver. Unfortunately, most products supply their B vitamins in the inactive form. These are rapidly removed from the blood stream by the kidneys and excreted from the body leaving little time for the liver to convert them into active forms. Biologically active B vitamins take part in numerous chemical processes including detoxification and anti-inflammatory pathways.

**Minerals** are critical to your health and to your body's ability to properly detoxify and protect itself from free radical inflammatory damage. However, for minerals to be of any therapeutic benefit you must absorb them. Unlike many products, BioInflammatory Plus does not cut costs here. In BioInflammatory Plus you will find only the best fully bonded mineral transporters available. These carriers provide the highest absorption and

transportation to key sites in the body where each mineral can support the cells' health and anti-inflammatory capacity.

**Specialty Nutrients** are present in clinically relevant levels to provide additional antioxidant/anti-inflammatory protection and support both Phase 1 and Phase 2 detoxification pathways in the liver.

**N-acetyl L-cysteine (NAC)** is a form of the amino acid L-cysteine. It acts as an antioxidant by promoting the production of glutathione. Glutathione protects tissues from free radical damage and acts as a powerful chelator of metabolic and environmental toxins.

**Niacinamide** acts with NAC to help quench inflammation by inhibiting poly (ADP-ribose) synthetase (PARS). PARS can activate inflammatory cytokines, such as tumor necrosis factor alpha. As early as the 1950's niacinamide was shown to reduce pain, inflammation and stiffness in arthritic patients.

**L-glutamine** is essential for a healthy intestinal tract. It is a preferred fuel for intestinal cells and promotes their repair and integrity. In doing so, L-glutamine acts to reduce inflammation in the gut, an important source of systemic (general body) inflammation.

**Bromelain** is a potent anti-inflammatory enzyme. It has been shown to actually digest inflammatory compounds. Bromelain quenches inflammation at its source, the molecules that create it.

**Hesperidin** as a member of the lemon bioflavonoids has anti-inflammatory and analgesic properties. One way it works, is by stabilizing the tissue bound 'mast cell'. Mast cells produce inflammatory histamines and leukotrienes. By stabilizing the mast cell wall, hesperidin reduces the release of these potent inflammatory compounds. Hesperidin also inhibits the pro-inflammatory metabolism of arachidonic acid.

**Methylsulfonylmethane (MSM)** provides an organic source of biologically available sulfur. Sulfur is essential for connective tissue repair and integrity throughout the body and plays an important role in liver detoxification (sulfation) and immune systems. MSM is naturally occurring in the body. Persons with sulfur antibiotic allergy, need not worry, MSM is safe. Even high doses are well tolerated in toxicity studies.

**White Willow Bark:** is traditionally used to treat pain. The efficacy of this botanical is due mainly to the proportion of salicin present. The salicin which is a precursor to

salicylic acid works as an antipyretic, antiphlogistic and as an analgesic. **Papain, Trypsin, Chymotrypsin and Serrapeptase:** are proteolytic enzymes. Administration of proteolytic enzymes may speed healing of injuries. Proteolytic enzymes have allowed athletes to return to performance sooner than control groups. Chymotrypsin, and trypsin have been shown to reduce edema and inflammation.

**Contraindications:** A history of previous sensitivity to any of the product's ingredients. Any condition for which any of the ingredients in this product are adverse or contraindicated. Any disease state managed by pharmacotherapy for which alterations of serum drug levels secondary to changes in hepatic metabolism could be life threatening.

**Caution:** Excessive vitamin A intake may be toxic. Excess vitamin A intake may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 5,000 IU total per day of pre-formed vitamin A.

BioInflammatory Plus has not been tested in pregnancy, in breastfeeding women, or in studies with children and, therefore, cannot be recommended for use with these patients.

BioInflammatory Plus is free of wheat, rye, oats, barley, corn, dairy, egg and peanut. No fillers or artificial colors/flavors are used.

**Other Ingredients:** Rice protein concentrate, rice syrup solids, xylitol, rice bran, medium chain triglycerides, lecithin, natural flavors, xanthan gum, stevia extract.

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## Bio-Inflammatory Plus capsules:

**In addition to our BioInflammatory Plus functional food powder, Biogenesis offers BioInflammatory Plus capsules.** These capsules can be used where a more intense anti-inflammatory treatment is desired. In a powdered beverage, there is a limit to the amount of phase 1 and phase 2 detoxification support nutrients and anti-inflammatory specialty nutrients that can be included in a product and still produce a palatable beverage that patients will consume. We have overcome this objection, by producing a complementary product -BioInflammatory Plus capsules. Here only the specialty nutrients are included. This allows your doctor to "beef up" your anti-inflammatory program. This will assist in more effective neutralization and removal of free radical inflammatory agents, metabolic waste products, heavy metals, solvents and any number of chemical toxins. ***If an increased anti-inflammatory action is desired, use BioInflammatory Plus capsules along with BioInflammatory Plus functional food powder and the BioInflammatory Plus diet.***

Bio-Inflammatory Plus capsules	Amounts per serving
Serving size	4 capsules
Number of servings per container	30
Niacinamide	460 mg.
L-glutamine	1000 mg.
Zingiber officinale (Ginger)	200 mg.
N-acetyl-L-cysteine	100 mg.
Bromelain	200 mg.
Curcumin	200 mg.
Quercetin	500 mg.
Methylsulfonylmethane (MSM)	1000 mg.
Boswellia serrata	200 mg.
<b>Suggested Dose:</b> Take 4 capsules, 1-3 times per day or as directed by your health care practitioner.	

Another reason for using BioInflammatory Plus capsules is for patients who simply do not wish to use a food powder. In this situation, we recommended that BioInflammatory Plus capsules be taken along with UltraGenesis multivitamin/ mineral (iron free) capsules and the BioInflammatory Plus diet. This method provides all the anti-inflammatory ingredients without the balanced caloric benefit of the BioInflammatory Plus functional food powder. This may be a good option for patients who are traveling, when carrying a food container is not practical. Either way, your patients can benefit from the BioInflammatory Plus program provided in a convenient manner.

**Option 1: (anti-inflammatory)**

- ◆ **BioInflammatory Plus functional food powder +BioInflammatory Plus diet**

**Option 2: (strong “extra support” anti-inflammatory)**

- ◆ **BioInflammatory Plus functional food powder +BioInflammatory Plus capsules + BioInflammatory Plus diet**

**Option 3: (anti-inflammatory where functional food powder is inconvenient)**

- ◆ **BioInflammatory Plus capsules + UltraGenesis multivitamin/mineral capsules (without iron) + BioInflammatory Plus diet**

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# Bio-Inflammatory *Plus*

## Diet:

**Safe foods:** *Encouraged. Eat these foods regularly.*

### Low Fat Meat, Fish, Poultry

Chicken, turkey, lamb, salmon, cod, halibut, mackerel, trout, tuna (fresh or water packed) orange roughy and other cold water fish. Consume hormone-free, organic meats when possible.

### Legumes

All beans (including soy), peas and lentils

### Eggs

Egg Replacer (potato starch), arrowroot starch, tapioca

### Dairy

Rice milk (calcium fortified), Soy milk (calcium fortified), almond or cashew milk

### Grain

Rice, quinoa, amaranth, buckwheat, teff, millet

### Vegetables

All vegetables – fresh, steamed, or frozen

All fresh vegetable juices

Consume organic vegetables.

### Fruit

Fresh, frozen, fresh juiced, water packed in own juice (unsweetened)

Consume organic fruits.

### Fluids

Filtered or fresh pure water, herbal teas, fresh vegetable juices

### Fats

Organic cold processed oils such as: olive, canola, flax, walnut, pumpkin, sesame, and fish oils.

### Nuts/Seeds

Almonds, filberts, cashews, brazils, walnuts, pecans, pumpkin, sesame, sunflower, undyed pistachios

Nut/seed butters made from above nuts/seeds

### Sweeteners

Stevia, Brown rice syrup, fruit sweeteners

## Questionable foods

(possible allergic/intolerant foods):

*Discouraged. Avoid regular consumption and excessive amounts.*

- *Beef, processed meats (bologna, sausage, canned meats, hot dogs)*
- *Eggs, Mayonnaise, Egg Substitute (egg white).*
- *All dairy products (milk, cheeses, yogurt, ice cream, cream, non-dairy creamers, cottage cheese)*
- *All gluten grains (wheat, rye, oats, barley, spelt, kamut). White flour, refined flour. All corn products*
- *(Popcorn, corn flour, corn, corn chips, corn meal, etc.*
- *All citrus fruits (lemon, lime, orange, grapefruit, tangarine), fruit drinks, ades, cocktails, strawberries. Sulfites*
- *Coffee, black/green tea, cocoa, postum, alcohol, soda pop, citrus drinks, sweetened beverages, milk*
- *Margarine, shortening, butter, refined oils, salad dressing, and spreads*
- *Peanuts, peanut butter, red (dyed) pistachios*
- *White sugar, Brown sugar, Turbinado sugar, honey, molasses, maple syrup, fructose, corn syrup*

## **BioInflammatory Plus Powder: (mix in water or in juice)**

**Days 1-2:** Consume 1/2 scoop of BioInflammatory Plus two times per day along with three meals from the safe food list (BioInflammatory Plus Diet).

**Days 3-7:** Consume 1 scoop of BioInflammatory Plus two times per day along with three meals from the safe food list (BioInflammatory Plus Diet).

**Days 8-25:** Consume 2 scoops of BioInflammatory Plus two times per day along with three meals from the safe food list (BioInflammatory Plus Diet).

**Days 26 and beyond:** Consult with your health care practitioner. Your doctor may feel that you would benefit from ongoing support.

## **Reintroduction of questionable foods avoided during BioInflammatory Plus Detox:**

To gain the most benefit from your BioInflammatory Plus detoxification, it is best to go slowly when reintroducing foods back into your diet. It is entirely possible that part of the benefit you gained during the detox was due to avoidance of allergic or difficult to digest foods (food intolerance's). Therefore, now is a good time to have your health care provider allergy test you or enter into the reintroduction phase of your program. When reintroducing foods it is best to eat them in their whole form. Do not buy packaged foods with many ingredients. If you have a reaction you and your health care provider will have a difficult time determining the culprit. Rather introduce foods in their pure forms. Eat only one new food per week. Keep a diary of your symptoms, how you feel each day. This way, if you have a delayed allergic or intolerant response, you will be able to determine which food is at fault and quickly eliminate it from your diet. The idea here is to create a "safe diet" for you to follow to continue to enjoy the health benefits you gained from the detox.

## **Continuation of BioInflammatory Plus: Special needs patients**

Discuss the need to maintain on BioInflammatory Plus (1-2 servings per day) with your health care provider, if you work in a toxic environment, or if you have chronic health issues in which ongoing support with a well-balanced food such as BioInflammatory Plus would be advantageous.

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